

Phryme.

MAGAZINE

"I TOLD HER THAT I LOVED HER
AND APOLOGIZED FOR LYING
ABOUT ATTENDING SCHOOL"

- JEREMY GARCIA

+

**THE GIRL THAT
IS RELATABLE!**

XENA SEMELEER

READY TO EMBRACE

Fatherhood.

ROBERT HERNANDEZ

+ **DARWINWINKLAAR**
Sharing his story and why he's...
himself. ISSUE01 • Pg.10

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ROBERT HERNANDEZ





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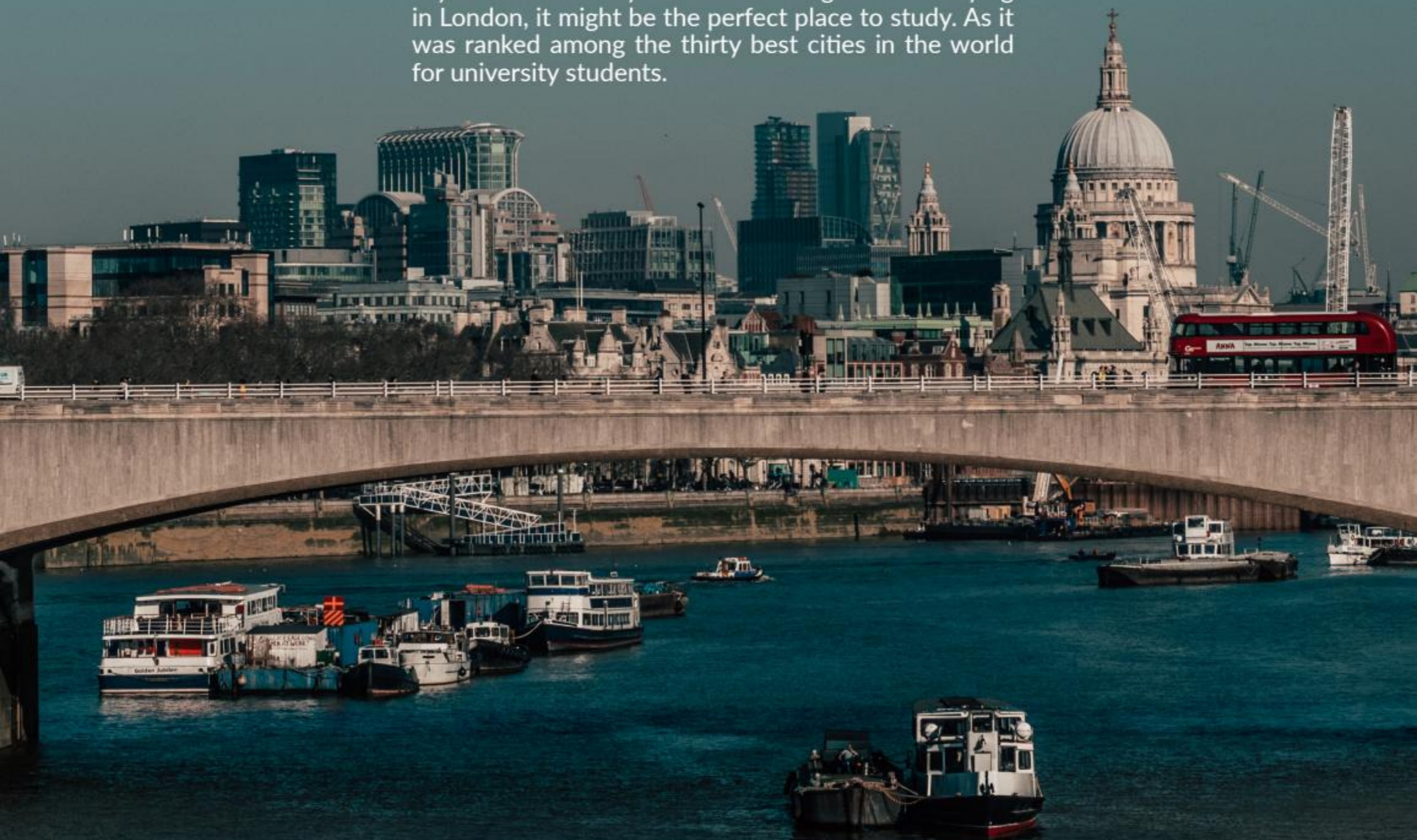
Lovely in LONDON

THE STUDENT CITY

You've probably heard about this one, from its famous 'Big Ben', 'black taxi cabs' and the 'red double-decker busses' That's correct, this is London.

London is the capital and largest city of England and the United Kingdom. Strands on the River Thames that stretches all the way to the North Sea. A cosmopolitan dating back to the Roman times (over two millennia), it has a population of over nine million inhabitants as of 2019.

If you love diversity and are thinking about studying in London, it might be the perfect place to study. As it was ranked among the thirty best cities in the world for university students.



London is home to over 40 universities, more than any other region in England and the entire UK. It has a student population of over 400,000 with over one fourth of those students being international students. London is considered a cultural capital by its inhabitants due to its cultural life of museums, theaters, cinemas and restaurants. Among the 40 universities that London has to offer are some top ranked / favorite universities. Those are the following:

- London School of Economics and Political Science (LSE); a great choice if you want to specialize in Accounting, Geography, History, Philosophy and related subjects;
- Imperial College London; well-known for subjects such as Biology, Computer Sciences and Medicine;
- University College London (UCL); great choice for Astronomy, Art or Linguistics;
- King's College London; has a great reputation for its researchers;
- Queen Mary, University of London; the only campus based university in London. This means that all its facilities are in one location.

If studying isn't the reason as to why you would move to London, maybe it's touristical and famous attractions might interest you to come to the other side of the pond.

What to do?

● Big Ben

One of London's most visited attraction is a clock and clock tower designed in a neo-Gothic style by Augustus Pugin. It is located on the north side of the Palace of Westminster, another attraction you can't miss while in London.

● London Eye

This is a ferris wheel located on the south side of the River Thames in London. It is also Europe's tallest cantilevered observation wheel, and the most popular paid for tourist attraction in the United Kingdom;

● Buckingham palace

Home of the British queen. Need we say more?

● Trafalgar Square

A public square in Central London with fountains and statues such as one of George Washington;

● Tower Bridge

A suspension bridge that crosses the River Thames.



Fun Facts about London:

001. Black cab drivers are tested; In order for a person to become a black cab driver, they must complete a rigorous test called 'The Knowledge', which involves memorizing every single street in the capital

002. London has over 170 Museums; As well as the 300 languages spoken in London, the amount of museums in the capital adds to the culture of this city. London boasts over 170 museums.

003. The Beatles played their last gig on the roof of Apple Corps at 3 Saville Row. It's now an Abercrombie & Fitch store.

004. More than half of the London Underground network in fact runs above ground

005. You could fit either the Great Pyramid at Giza or the Statue of Liberty inside the Millennium Dome, now known as the O2 Arena, the largest structure of its kind in the world.

006. The statue of George Washington in the Trafalgar Square in London sits on imported soil from the USA because George Washington claimed, "he would never again step foot on English soil."

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ILLUMINATING THE **DARKNESS**

LILY CLARISA HENRIQUEZ

Lily Clarisa Henriquez, 28, is a poet/writer, singer and, most importantly, a full-time English teacher at ROC Mondriaan in the Hague. She grew up in Cura Cabay, Aruba and recalls living there as one of the best years of her life. After graduating from high school, Lily took a year off and worked as a waitress at Delifrance to save money and think about what she wanted to study afterwards. After her gap year, Lily decided to become an English Teacher and pursued her study at the Windesheim University of Applied Science in Zwolle, the Netherlands.

- **WHY DID YOU MOVE TO ZWOLLE?**

"Well, I specifically chose Zwolle because of how close it was to my husband's family; I didn't know anything about the Netherlands. The first time I came here was the first time I was on a plane to the Netherlands."

- **HOW DID YOUR LOVE FOR POETRY START?**

"From a very young age, I wasn't able to communicate with anyone else at home; I was in a situation which was difficult to express myself. I always had a pen, a notebook or even just a piece of paper to write on. Even though I wasn't good at writing in English yet, I would just write the way it sounded in my head and that's how I started writing poetry and also lyrics at the same time."

**"I WOULD WRITE ON
ANYTHING, EVEN
TOILET PAPER."**



When Lily started college she attended some poetry workshops and from there on she just fell in love with it, "My teachers gave me so many compliments and they helped me realize that I love it." In the summer of 2014 Lily got married but after just one year of marriage, it came to an end. Her ex-husband started talking back to his ex, whom he still had feelings for, "I was going through a heavy divorce, but we were still living together. Since we have always wanted kids together, we agreed to make 'Lost Love Poems' before the divorce was finalized."

- **WHAT IS LOST LOVE POEMS ABOUT?**

"Part one is about true love; the first time I really fell in love with a guy. The second part is about the relationship with my husband from the beginning until the end. It's about how I felt betrayed by everything that was going on."



"I've also went through a lot of things at a young age and I've realized that a lot of people don't want to talk about it."

The depression and child abuse that is going on in Aruba is what really inspired Lily to start writing part one of *Illuminated Darkness*, "In Aruba, they don't specifically want to talk about child abuse, mental illness, depression, and domestic abuse, especially against women. All of those things are going to be in the illuminated darkness."

- **WHAT MADE YOU MOVE BACK TO THE NETHERLANDS?**

"During my divorce, I just wanted Aruba and my family back. I was very nostalgic, saying things like I will never go back to the Netherlands. Later, I realized that I didn't hate the Netherlands, I hated getting a divorce. I felt that, professionally, I felt more at home in the Netherlands."

Lily had the opportunity to experience what it was like to be a teacher in Aruba. In her experience she states that she had to change who she was to become what the school wanted, "Literally, in my file they wrote that I'm too nice to the kids. How is being nice to kids a bad thing?"

- **WHY DID YOU DECIDE TO DO LOST LOVE POEMS TOGETHER?**

"As we were going through the divorce, we wanted to collaborate. He did the sketches and he approved all of the poems that are in that book and then I published it. That was the end; thank you my dear ex-husband. That was our baby that we were not able to create, but our literary baby. This was definitely my artistic way of closure."

ILLUMINATED DARKNESS...

In 2016 Lily moved back to Aruba to complete her internship as an English teacher at a vocational college. When she was in Aruba, she realized that as a teacher you see so many aspects of the students. Especially the traumatic things they are going through.



Lily has since moved back to the Netherlands, she feels as though in Aruba they kept giving her comments such as, "Oh, you're so young." Meanwhile, in the Netherlands, they look at her resume, her capabilities and her past work-experiences. Currently, Lily is the only English teacher in her department at school,

"They love me and trust me here and I appreciate that so much."

• **WHAT IS THE BEST THING ABOUT BEING A TEACHER?**

"I am such an extrovert and I tend to be very social. I love the interaction; I get to talk to students from so many different backgrounds and they teach me a lot of things. The other best thing is when they bring food from their culture - I love free food. For Christmas, I made halal arepas because they didn't know what arepas are but I made it halal since they taught me what halal is. That was really fun, learning from each other's cultures."

• **CAN YOU TELL US ABOUT YOUR DOG?**

"John Diggie is my light, he is named after a character in the show 'Arrow'. He is Czech, I got him with the money we received from the wedding. Funny enough, he is in my divorce papers; he's 100% mine. When I am sad, he just comes and licks my face and makes my day. Without him, I don't know what I would do. He just helps, he helps with every aspect. I don't feel so alone. One of my goals for this year is definitely to go to the Czech Republic with him, to go back to his roots."

To conclude, Lily wanted to give a positive message to those who will read her story, *"I hope that people could be nicer to each other. Help a stranger, say good morning, be nice in general. That is definitely one thing that I miss about Aruba, everywhere people would say good morning. Good-morning to your neighbors, to a stranger. Try to say more good things than bad things."*



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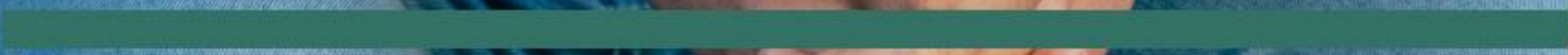
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LYING, STRUGGLING
AND TELLING **THE TRUTH**

AN INTERVIEW WITH JEREMY GARCIA



A loving and hard-working person who faced hardships, but aspires to make it in the music industry. His motto is to "always keep on going."

Since the age of 7, Jeremy would sing at YMCA in San Nicolas, Aruba, every Thursday. It was because of his late-teacher, Ms. Pearl, that he learned how to sing and by practicing continuously, he improved over time. Because of Ms. Pearl, Jeremy decided to pursue singing as a career. Today, Jeremy is very thankful for Ms. Pearl. At the age of 11, he learned how to play the piano and started to write and compose his songs. Then, at the age of 12, he started to sing and play in church. Today, at the age of 21 he is studying to become a music producer at Albeda, Rotterdam.

In December 2016, Jeremy went to support his friends band performance at the Hard Rock Cafe in Aruba. The drummer, Jean Baptiste, convinced his manager to let Jeremy sing with the band. While Jeremy had not previously performed on a stage, he sung that night. As a result, Jeremy joined the band and started to practice for the next performance.

Essentially, Hard Rock was the platform that started everything. It was due to the performances Jeremy performed on that stage that changed Jeremy from being a reserved individual to a more confident singer and have the ability to tell himself, "Now, I can do this." Jeremy considers his time at the Hard Rock Cafe as a learning phase; it taught him some do's and don't's. After three years, Jeremy knew he needed to grow more as an artist, but he knew he couldn't do that in Aruba.

HARDSHIPS

He almost went to Leiden to study economics and management. Then, he thought to himself: "Am I really going to do this for the rest of my life?" Moreover, at that time, his family wanted him to choose a program that could lead him to a stable job in the future.

| "When I first arrived in the Netherlands, I lied to my family and let them think I was studying abroad,"

says Jeremy. As a result, he became very distant with his family; the only contact they had with him was through his girlfriend, Griselda. The truth was, he was staying at his friend's and living off of the money his mother saved up for him. He struggled to find a room in Rotterdam because he wasn't a student there and he didn't have any connections to help him.



The moment he got a room, he started looking for a job. However, no business where he applied to wanted to hire him as he only had a MAVO-diploma and lacked experience. In the end, he got a job at a Burger King chain and worked there for six months.

After six months, Jeremy couldn't hold the secret anymore and came clean to his family about the fact that he's wasn't following a study program in the Netherlands. It was an emotional moment for both Jeremy and his mom,

"I TOLD HER I LOVED HER AND APOLOGIZED FOR LYING ABOUT ATTENDING SCHOOL, BUT EXPLAINED THAT I ALSO NEEDED TIME TO THINK ABOUT WHAT I WANTED TO DO WITH MY LIFE."



IMPROVING MUSIC BY GOING TO SCHOOL

Jeremy can make music, but he wants to improve by using different audio editing and production techniques. He is familiar with mixing his music, yet mastering the art of mixing music is different. Those things can take up to months of learning for some people. With the help of Griselda, he applied to Albeda. However, in order to get in the school, a typical student would have to pass 2 auditions. Jeremy passed the first audition, but he couldn't go to the second one due to an opportunity he got to audition for X-Factor in the UK. Fortunately for Jeremy, because he was an experienced artist, he was able to get accepted with just one audition.

"School focuses on each individual, so it builds you up as an artist. They teach me how to write music and make money out of it. They give me knowledge of both business and art; they balance it out. So when I graduate, I'm able to live off of my creations. I quit working to really focus on school and to be a good artist."

THE PRESENT

He is currently in his 1st year at Albeda. He can play piano, drums, guitar (acoustic and electric, ukulele and bass), conga and timbal. His family supports him with music more now. Since arriving in the Netherlands in 2017, he has had two goals in life, *"To travel the world performing my songs and to live off of my music for the rest of my life."*

On the 23rd of November 2018, he had his first-ever solo performance at the Hostelroom in Rotterdam with the help of his vocal coach organising the event. Now, he's focusing on his next show which is going to be *"bigger and better"*. To improve for the future, he wants to get more connections through school or during his performances, so that he achieves his goal. Other artists that he knows are working in the music industry because of the connections they had.

LAST WORDS

He's going to release his solo-music in 2019. His first two singles are called 'Honesty' and 'Aventura nobo'. He wants to do a show, release music, do a show again and release more music, until his music hits and he makes it to an international level. He doesn't want to ask himself 'what if I tried?', he wants to succeed because this is his passion. Jeremy advises everyone not to ever be scared to tell people how your life is going. Because if you don't talk to them, they can't help you,

**"DON'T BE ASHAMED;
BE YOU AND BE OPEN."**





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TOP 5 FESTIVALS TO VISIT **THIS SUMMER IN EUROPE**

Summer is near and if you're looking to visit some of the hottest festivals with your friends, we will be giving you a guide to the hottest festivals you **HAVE** to go to this summer or sometime in your life. They could be near you or a flight away. Either way, once in your lifetime you should scratch these off your bucket list. So, why not this summer?

1. TOMORROWLAND

19th - 28th July 2019 | Boom - Belgium

Tomorrowland, a large electronic music festival that has been organized since 2005. It has since become one of the most notable global music festivals. Tomorrowland regulars, The Chainsmokers, Armin Van Buuren, Carl Cox, and Boris Brejcha is set to play the main stage at this year's event. (©tomorrowland.com).



2. SZIGET FESTIVAL: THE ISLAND OF FREEDOM

7th - 13th August 2019 | Budapest - Hungary

One of the biggest multicultural events of Europe, it started in 1993 and, this year, it's already celebrating its 27th edition. The festival attracts approx. 400 000 fans. They provide a complete experience; non-stop parties, great live concerts, a widely international community and all the touristic features the city has to offer. Foo Fighters, Ed Sheeran, Florence + the Machine, and many more will be at Sziget 2019! (©szigetfestival.com).

3. EXIT FESTIVAL

4th - 7th July 2019 | Novi Sad - Serbia

It started as a student movement fighting for peace and democracy, but today it's an award-winning summer music festival ran by an NPO. One of the reasons why it's considered by its goers as one of the best festival venues in the world is due to the location - Petrovaradin Fortress. The official lineup of EXIT Festival 2019 includes The Cure, Carl Cox, Dimitri Vegas and many more! (©exitfest.org).



4. ROSKILDE FESTIVAL

29th June - 7th July 2019 | Roskilde - Denmark

An annual week-long international cultural event offering quality experiences based on modern music and creative kinship. All profits from the Roskilde Festival are donated to humanitarian and cultural work. Amongst the many artists for this year are The Cure, Travis Scott, Vampire Weekend, Bob Dylan, Underworld, Cardi B, Janelle Monáe and MØ.(©roskilde.org).

5. MYSTERYLAND

23 - 26th August 2019 | Haarlemmermeer, Netherlands

A colorful collaboration of party animals, DJs, and creatives. Combined they are the leading electronic music festival in The Netherlands. Each year, festival-goers celebrate friendship and their love for music. In between sparkling ponds, rivers and forestry hills of the Floriade terrain, more than 100.000 fellow festival friends come together. You can enjoy Dimitri Vegas, KSHMR, Sam Feldt, and many more! (©mysteryland.nl)

People come together every year for a day, weekend or week to enjoy life and music with strangers and friends all around them. They enjoy dancing and losing themselves in the world's amazing cities and talented artists. While some may be complete strangers, one thing unites them all together - music. Are you ready to be one of these people? Get your tickets NOW!



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Laura Rodrigues & Dennis Geerman

FROM CLASSMATES TO SOULMATES.

Laura and Dennis were in the same class during their fourth year of high school but the two never actually interacted with each other back then. Today, they are both twenty years old and are currently enrolled at Erasmus University Rotterdam, studying International Communication & Media and Business Administration. We approached Laura and Dennis to talk about their relationship and to find out what this dynamic duo's relationship journey has in store for them.

While the two were in the same class in high school, it wasn't until a year later that they actually spoke. It was at a mutual friend's birthday party, where things got competitive and the pair started talking for the first time. It started with Laura talking to talk to Dennis at the party, during a game of 'Cards Against Humanity'; that was when Laura straight on started to roast Dennis. Laura says that this was funny because they were both playfully annoying each other.

"After that fun night I wanted to keep contact with her, so I sent her a meme through Instagram DM (because I never actually asked for her number) and ever since my initial DM, we never stopped talking."

Dennis remarks that he had the fear of being rejected and the embarrassment that comes with that, "I didn't want to make things awkward and lose a potential good friend." But besides that, he didn't see any other reason not to ask her out. Looking back at over three years ago, both had very strong feelings for one another when they were dating. These strong feelings eventually bloomed into the love that they share today for each other.





In their fifth year of high school, they went on an excursion to Panama. Dennis knew from there on that he was in love with Laura. During this trip, the two spent a lot of time together, especially during the long bus rides listening to the couple's now default song – Pray for Love by Travis Scott, *"We spent lots of time together during the Panama trip and after so many activities, I still wanted to spend more time with her. I think that's when I knew."*

Laura, on the other hand, knew she was in love with Dennis from earlier on, when they had been dating for approximately four months, *"We hadn't even kissed yet and I felt this immense happiness just being around him. I felt how much I cared for him. I didn't make it obvious though, I tried to be as casual and discreet as I could about it."* They describe their first kiss as *"really awkward,"* because they were each other's first kiss, so neither of them had any idea of what they were supposed to do,

"Every time he tried to kiss me, I got nervous and I couldn't stop laughing".

Now, the two are crazy about each other and couldn't possibly imagine their lives without one another. They both have the same sense of humor and are constantly laughing and joking around, which makes any day better.

Laura describes Dennis as patient and caring, even during days when Laura reflects back and thinks she was maybe a bit too dramatic and unreasonable. Dennis has his ways of making romantic gestures for Laura,

"There have been times where I felt very homesick or sad because of a bad week or situation, and he comes over to my place to cheer me up and accompany me during the night, so I won't feel so alone. That means a lot to me."

However, there is one thing which annoys Laura to her core that Dennis does,

"He is always late. It doesn't matter if I tell him to arrive an hour early, he'll still manage to find a way not to be on time."

Dennis describes Laura as gorgeous, funny, and cute. He also says that she's the person he can always go to vent about his issues without being judged. Laura is always there to support him. In fact, Laura never fails to make Dennis smile. She has a great sense of humor, he hopes that never changes,

"Laura is a clumsy person. She thinks she embarrasses herself often or something, but I think it's funny and really cute."

Nevertheless, there is something that Dennis doesn't like about Laura, it's that she leaves all the kitchen work to Dennis. She doesn't cook and refuses to do it. If Dennis was granted a wish, it would be for Laura to learn how to season chicken.

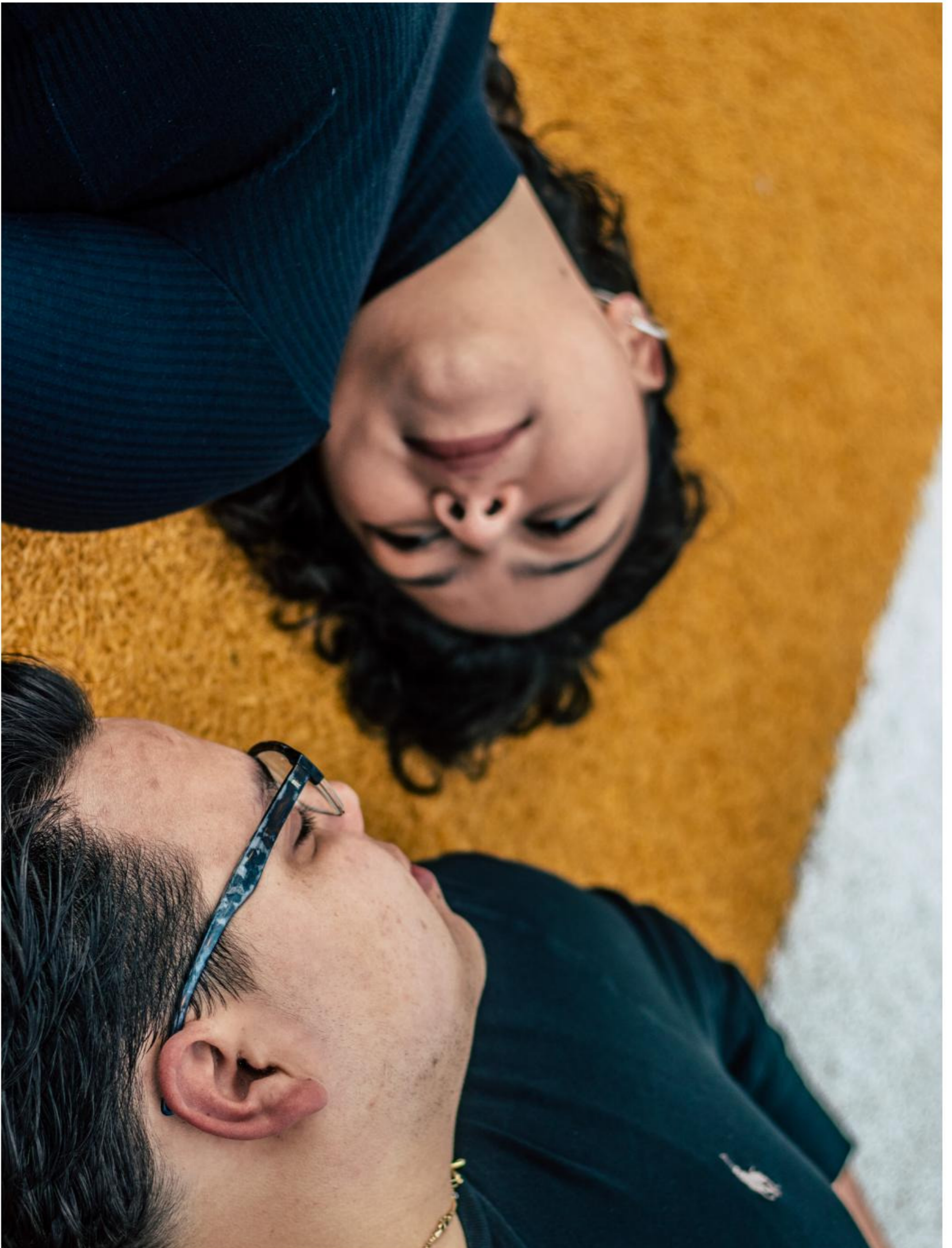


The future for Laura and Dennis seems luminous, especially with both in each other's lives. Dennis hopes that they never lose the openness and trust they have with each other when communicating. Laura sees the two of them living together and supporting each other's goals, *"Hopefully with two dogs as well,"* Laura adds. Laura continues to talk about her future wherein both marriage and children are involved. Laura loves kids and wishes to become a mother in the far future, *"I've always liked the idea of starting my little family."*

Lastly, Laura and Dennis want to give some advice to other couples. They believe that listening to each other and valuing the effort each person puts into the relationships are keys for a solid relationship,

"Creating an atmosphere of trust is the foundation of any good relationship,"

says Dennis. Meanwhile, Laura believes that mutual respect and patience are profoundly important for a good relationship, *"I feel like many people have an unrealistic idea of how you'll be on the same page with your partner most of the time. The reality is that you may disagree with them on many things. In a relationship you have to learn to accept each other's differences, which is not always going to be easy, but, it goes a long way. After all, our way is not the only way, you can always learn from another's perspectives."*





MONEY HACKS #3

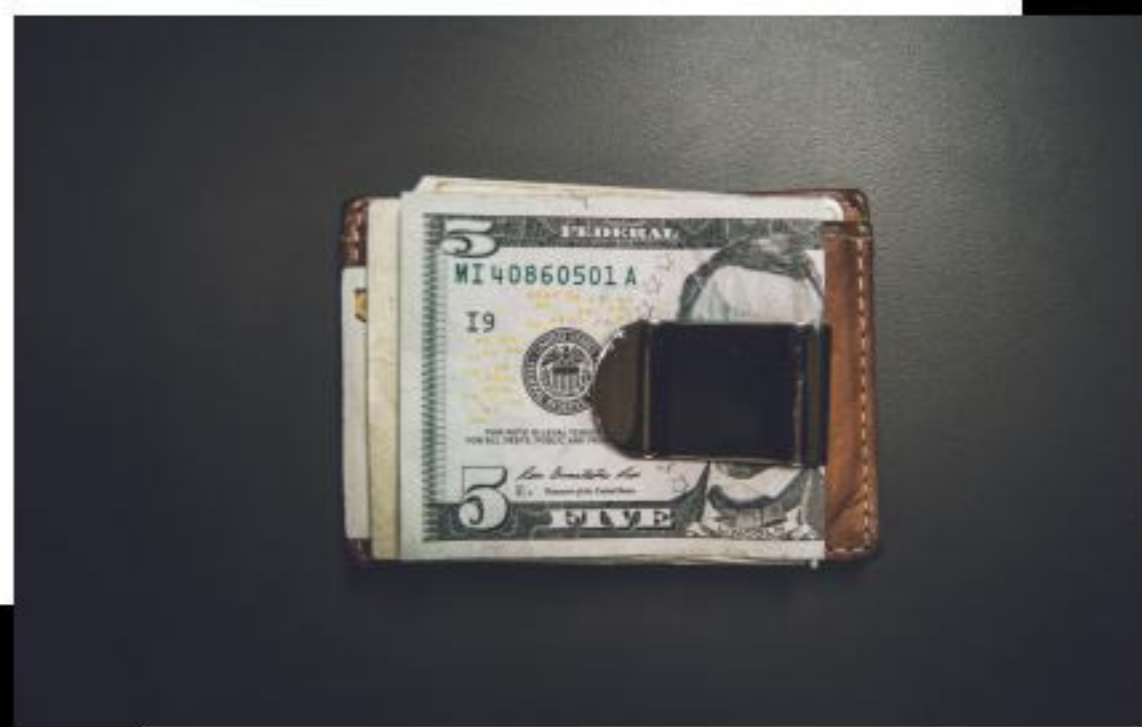
BY: DOS PLACA

Odds are you're not one of those young 'Social Media Influencers' who get paid big bucks to promote products on their Instagram (yet). You're probably just barely getting by each month on a mix of Student Loans and that occasional Mom & Dad money. #studentlife right?

What if we told you that there's actually ways to save and earn money, without having to give up your social life and netflix subscription. To help you out, we collected a few **tried and tested** student money hacks that'll help you save and earn money each month!

HACK #11: TRY MINIMALISM!

Perhaps you just read the word minimalism and instantly thought about monks living in a monastery, only being allowed 8 personal possessions. You could take it to that extreme but it doesn't have to be like that. Consider adopting a minimalist mindset in order to reduce your spending. Start by evaluating the things that you own and ask yourself if you really needed to buy those things. Sometimes less is more!



HACK #12: DO YOUR TAXES

If you're studying and you also have a job, it most likely means that you're paying income taxes. Depending on your age and the amount of money you earn, you could be able to receive tax returns. Who doesn't want to get money back from the government?! So, if you have a job, make sure that you get in touch with the local tax authority to see if you could be eligible to receive tax returns by filling out a tax declaration.

HACK #13: SELL YOUR 'OLD' CLOTHES

Let's say that you just read Money Hack #11 and immediately started cleaning out your closet. Now there's a huge pile of clothes laying in your room with nowhere to go. What should you do? You could do some good by donating your 'old' clothes, but if you have clothing items that are worth some money, you could opt to sell them! Consider using a website like United Wardrobe to easily put your valuable second hand clothes up for sale.



HACK #14: MAINTAIN YOUR CREDIT SCORE

Depending on the country that you're living in, you should pay attention to something called your 'Credit Score'. Your Credit Score or Credit History is basically a report card that tracks and rates your history of taking out debt and paying this back on time. So if you're a student who has Credit Card debt or are in debt with your bank (your account is overdrawn), make sure that you always make your payments on time. Once you have bad credit history, it could haunt your finances for a long time.

HACK #15: HEALTH INSURANCE

Did you know that you can save money on your health insurance by switching to a different provider? In countries like the Netherlands, you have the option to switch to a different health insurance provider at the end of each year. Use this period to shop around for a better deal on health insurance and start saving money in the new year! Just make sure that you know exactly what your coverage will be when switching to a new health insurance provider.

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READY TO EMBRACE

Fathers

The role of a father in a family changes with age. If you would ask someone what they think the role of a father was 20 years ago compared to now, their responses would not be the same. People can have various views on fatherhood, but one thing is certain: the impact of the absence of a father has on a child can last for a lifetime.

We often read about what's it like to be a father, but not the preparations someone took to become one. From the moment one finds out they're going to become a father, until the moment their child is born can be frustrating, stressful, beautiful and unimaginable. Those nine months can be challenging for both the father-to-be, personally, their partner and their relationship.

Robert Hernandez, 26, talks about his relationship with the mother of his daughter, Lorreley Molero, 27, what it was like to grow up without the real presence of a father, his preparations to become a father and the kind of father he hopes to become.

COVER FEATURE:





“THE FUNNY THING IS THAT WE WERE NEVER FRIENDS, THERE WAS FLIRTTINESS SINCE OUR FIRST INTRODUCTION.”



"I FEAR PUTTING MY DAUGHTER IN SIMILAR SITUATIONS I WENT THROUGH."

For this issue's cover feature, growing up without any real presence of his father helped shape the father he wants to become for his children, but more specifically for his soon-to-be-born daughter, Mia.

Studying in a country far from home can be hard. To raise a family away from home while studying and working can be even harder. Luckily for Robert, he is used to this and more. At the age of five, Robert moved to Aruba. Since then, he has attended school in Aruba, the US and the Netherlands. Today, he holds a Bachelor's Degree in Psychology and is currently studying Business at the University of Twente, Enschede.



Lorreley and Robert met in 2011 through a good friend of Robert. While Robert was interested at first sight in Lorreley, they lost connection due to Robert moving back to the US in order to continue his studies. Just like any relationship that is meant to be, the two found their way back to each other in 2017 and today, they are living together with their dog, Sisilee, and are ready to raise their daughter together.

• **WAS BECOMING PARENTS SOMETHING YOU HAVE PLANNED?**

"It wasn't planned. We've spoken about it previously, but it wasn't something we had in mind for right now. Our motivation for coming to the Netherlands together was mainly to complete our studies"

• **HOW DID YOU FIND OUT YOU WERE GOING TO BE A FATHER?**

"We actually found out together. It was during Lorreley's exam period, and she assumed she was stressed and would feel dizzy. I then suggested we get a pregnancy test together."

• **WHAT WAS YOUR REACTION?**

"I wasn't shocked initially. I was more like, oh nice; I was extremely happy. I wasn't worried about any sort of pressure that may be coming my way."



"ROBERT HAD CONFETTI THE DAY HE FOUND OUT HE WAS GOING TO BE A FATHER."

- Lorreley Molero



Becoming a parent can be scary for most. It's often viewed as a challenge or a distraction for those yet to complete their studies. Robert shares that for him, he never saw it as a challenge at all and was certain that it wouldn't stop him from completing his studies. What he was more concerned about was not being completely prepared, *"I felt the most pressure about what I personally wanted ready as a parent; I wanted to have certain things in order first."* When it comes to baby preparations, Robert gives all of the credit to Lorreley,

"If I didn't have her, I would be lost. She enjoys being prepared. Ever since finding out she was pregnant, she ensured to find out what needed to be ready by the time the baby is born."

The couple soon learned that one can never be fully prepared, as certain things are just outside their control.

"THE FIRST YEAR IN THE NETHERLANDS PREPARED US FOR THE UNEXPECTED."

Pregnancy mood swings? Close to zero for this couple. While they tried their best to have everything planned out, the most challenging situations occurred unexpectedly. One of the most frustrating occurrences was when the furniture for the baby room was delivered with some damages, *"Of course Lorreley got mad. But luckily not at me, but at the situation,"* Robert laughs. He also admits that he prefers not having a lot to deal with at the same time, or not being disturbed when he is busy with other things, such as studying, *"I noticed that when I have a lot of things to deal with, I get frustrated easily, and would just prefer not to deal with it."* They believe that what they went through together as a couple and their dog, prepared them for the unexpected.

"I NEVER HAD A PERCEPTION OF FATHERHOOD, BECAUSE I DON'T KNOW WHAT IT'S LIKE HAVING A DAD."

Robert speaks very highly of his mother and mentioned that she was shocked but happy when he told her the news on her birthday. One of the things he finds the most difficult to deal with is not having his mother close as much as he'd like, but that may be changed in the near future as his mother is planning to visit more often, and may be moving to the Netherlands to help take care of baby Mia. When asked Robert about his father, he shared that he grew up without a real father figure. Since moving to Aruba at the age of five, he lived with his stepfather, *"Our relationship is OK."*



“WHEN I HAVE A LOT OF THINGS TO DEAL WITH, I GET FRUSTRATED EASILY, AND WOULD JUST PREFER TO NOT DEAL.”

As for his biological father, “He lives in Venezuela. He messages me on Facebook every now and then, but we never had a real relationship.” Growing up without a father’s figure can have a significant impact on how a young boy grows up to become an adult, and perceives the role of a father. For Robert, the lack thereof played a small factor to how he perceives fatherhood, and that even if he were to point out every little thing that they could’ve done different, or better, he wouldn’t have an idea of how exactly the ideal father would be like. To answer this question, he says that his education played a vital role,

“Studying Psychology gave me an idea of who I want to be; the man I want to be at home, the father I want to be to my children and the kind of person I want to be to my friends.”

- **WHAT KIND OF FATHER DO YOU WANT TO BE?**
“I want to be fair; to her space, her feelings, her time and her thoughts. I would like to be open, to be accepting in what she wants to achieve in life. I think something that is very important for me is to be there, to actually be present.”

- **WHICH ONE OF YOU WOULD BE THE STRICT PARENT?**

Robert laughs, *“I think me. But we will probably share the strictness. I think I am stricter generally, but Loreley can also be really strict about certain things. We have a dog, and at first, I didn’t want dogs because of their responsibility. But now, she is my baby and I do a lot of things with her.”*

- **WHAT’S A CHILDHOOD MEMORY YOU WISH YOUR DAUGHTER WILL HAVE?**

“That is a reason why I would want to go back to Aruba or even Venezuela – family. We had problems just like any family, but we were very tight. While this would be nice, it’s not entirely up to me as right now all of my family is spread around the world.”

**“DON’T BE AFRAID,
AND WHEN THINGS
GO BAD, DON’T THINK
IT’S THE END.”**



THEIR FUTURE

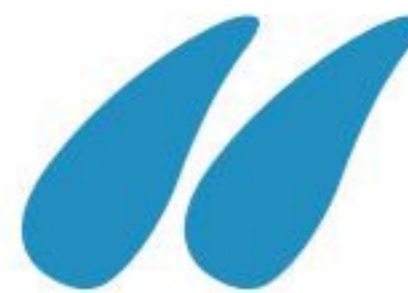
Currently, Robert is weighing his options when it comes to his education. He would love to pursue a Master's Degree in Human Resources, as he believes that's where his passion lies. However, since he already has a degree and is currently pursuing another, he believes anything is possible, whether he joins the workforce or continues his studies,

"I've never been the type of person to stay in a country for long. I've lived in several countries already and believe that in the near future, I will be moving again."

Robert considers himself to be privileged; for being born in Venezuela, to have had the opportunity to live and study in the US, Europe, and travel the world. He states that it's similar opportunities like these that he hopes his daughter Mia would grow up to have; a bigger world and to live in a country where there are more choices in education. He understands that moving a lot can have a significant impact on a child, as he experienced it himself,

"I fear putting my daughter in similar situations I went through. But I believe that those experiences will help form the person she becomes."

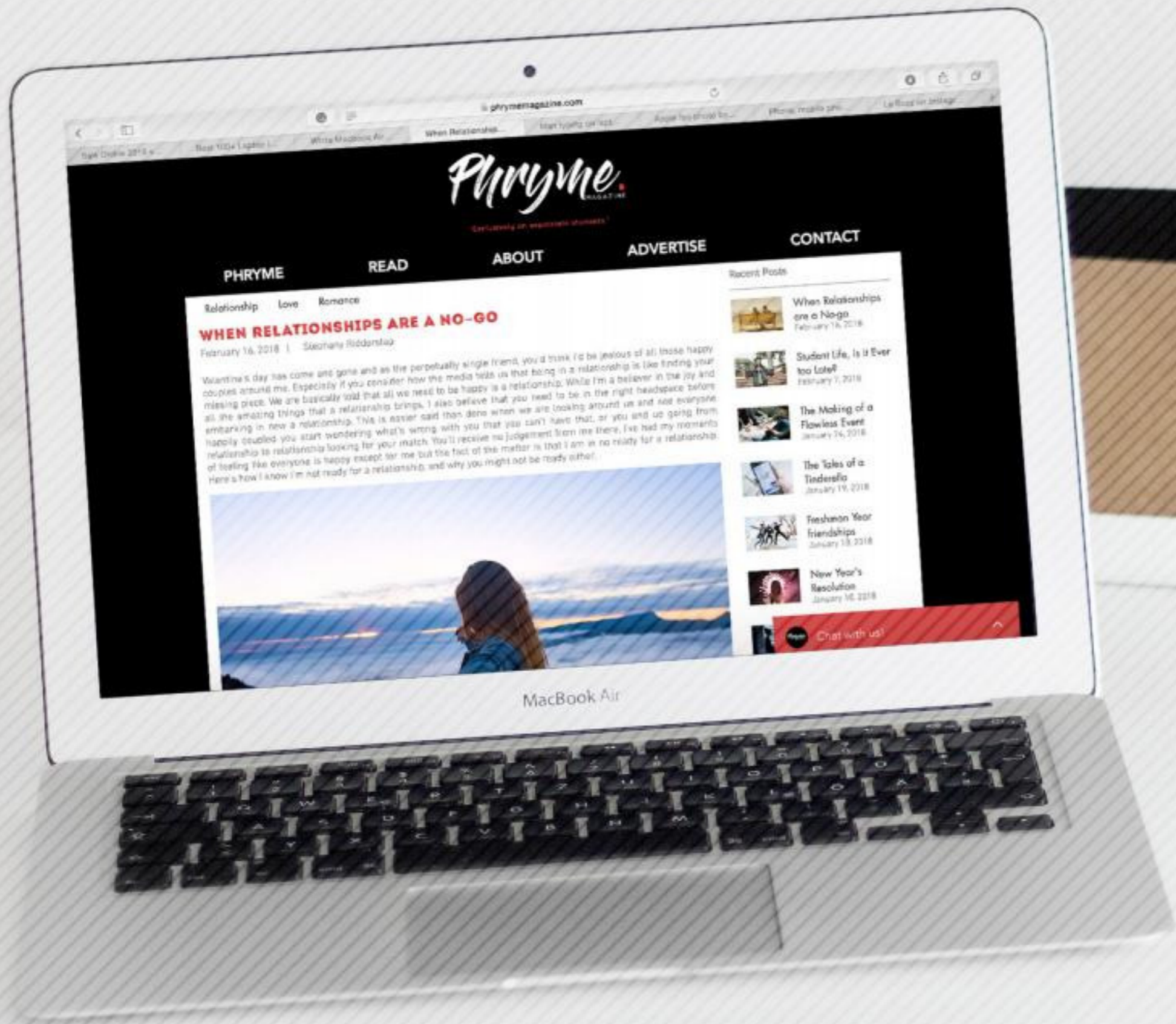
His advice to others is to not always be too focused on set plans; to have options and to never doubt yourself. Often in life, we allow the opinion of others to get in our minds in a negative way and that does not necessarily help to boost our self-esteem and believe that we can achieve everything we set our minds to.



ROBERT WILL BE A GREAT FATHER, BECAUSE HE WAS SO HAPPY SINCE HE REALIZED HE WAS GOING TO BE A FATHER. HE IS SOMEONE WHO LOVES BEING AROUND FAMILY AND CARES FOR OTHERS MORE THAN HIMSELF. HE DOESN'T WANT HIS KIDS TO EXPERIENCE NOT HAVING A FATHER FIGURE IN THEIR LIFE, LIKE HE DID. I AM VERY PROUD THAT I HAVE ROBERT AS THE FATHER OF MY BABY AND I HAVE NO DOUBTS THAT HE WILL BE A GREAT EXAMPLE FOR MIA.

- Lorreley Molero





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CARBS ARE MAKING YOU FAT AND OTHER LIES YOU'VE BEEN TOLD...

BY: JOHAN & LYNN

Raise your hand if you've ever googled "How to lose X kg in Y days", with Y being the number of days you want to look shredded by and X being the "Why did I wait until I only had two weeks to get started!?" We feel you! But Google searches into the world of health and fitness can lead you down a path of misinformation. Today, we thought about busting some of the myths we hear most often! First things first, put down the detox tea and let's get this bread!

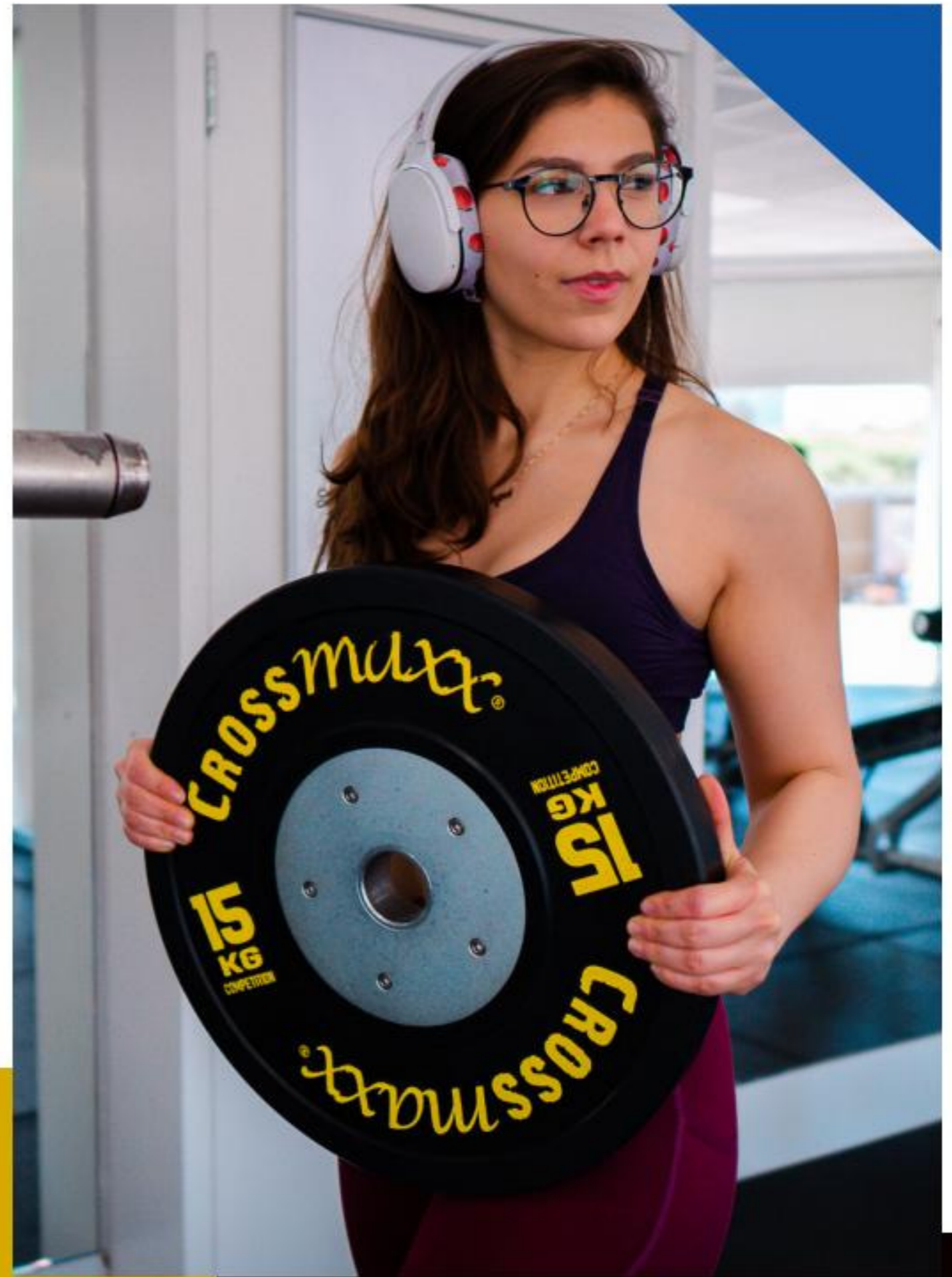
"WHOLE WHEAT BREAD IS BETTER"

Now, we don't know exactly how this myth got started. All we know is that we were forced to take whole wheat bread to school as lunch and liked it. Imagine my surprise when I found out the difference between a slice of white and whole wheat bread is just a little over 5 calories. And, guess what? The same counts for pasta and potatoes too. All this is to say that if you enjoy one over the other it's perfectly fine to eat the one you like. Your diet will not be ruined because of it. The only real difference is the amount of fiber you get in when eating the whole wheat option, which tends to keep you feeling fuller for longer.

“CARBS ARE THE DEVIL”

This leads us right into the second myth that carbs are the devil and the source of our weight gain. It is for this reason that when we think of dieting we immediately think of not eating fries, chips or chocolate. What these foods all have in common is that they are calorically dense meaning they are very easy to overeat. So, by cutting out these foods, what you're essentially doing is lowering your caloric intake. This is why the diet works, until the day we break and end up eating Nutella by the spoonful at midnight. To avoid this, please avoid cutting out complete food groups from your diet and just enjoy them in moderation.

Does eating carbs make us fat? No. Does overeating carbs cause weight gain? Yes. But so does overeating protein and anything else for that matter. If somebody tries telling you differently please remind them that fruits and veggies are carbs too!



“DRINK PROTEIN SHAKES EVERY DAY”

Lastly, we want to talk about the necessity of drinking protein shakes. Some people swear you need to drink one every day! However, these shakes are supplements that make reaching your protein goals a bit easier. Since our body needs fat more than muscle for survival, our bodies tend to lose muscle mass when we diet. To combat this, you should have enough protein during your day to make sure you are maintaining the hard-earned muscle you built! You can choose to get your protein in any way you like. Think of it the same way you supplement your vitamins! It's something to make your life easier, not a must!



**THE ARTIST
THAT HAS
MORE
POTENTIAL
THAN YOU
WILL EVER
KNOW.**

Valentino Angela, a full time student with a passion in his career. He is a professional graphic designer and also a co-owner of the upcoming production company known as Recent. He is one of the lucky ones to have discovered his true passion, his 'calling,' if you will, at just 10 years old while he was painting, sketching and behind a computer using Adobe Photoshop. As he grew up, he would get asked to create and express messages through his skills. His first big project that took off and is still in the process of growing is 'Decent Villains,' with 'Okay House,' being his second biggest.



“WE WANT TO CREATE A TEAM OF ARTISTS, WHERE WE ARE ALL UNDER ONE ROOF CREATING SOMETHING DIFFERENT.”

He's already a young professional that balances not only all his projects but also goes to Hogeschool der kunsten Utrecht to obtain his bachelor degree in Graphic Design. Whilst doing all of this, he faces the challenges it creates within his social life and as he admitted himself, *“It's a challenge, no doubt”*. Although, it does not stop him from being surrounded by people who he considers good friends and good partners to work with.

As I mentioned before, Valentino is a well-skilled graphic designer. But, in reality, he and the ones around him would call him an artist. His passions and practices have let him develop skills in different sectors of what might be considered 'art'. From taking pictures, to cutting up magazines and creating a completely new master piece, to taking a painting brush and working his magic on a canvas, all the way up to having his own clothing line. His career title has not limit his artistic expression and growth. He has yet to learn more and more in the world of an artist and he is more than excited to do so.

You can see his work on www.recent.co and on his Instagram account: [@valentinoangela](https://www.instagram.com/valentinoangela), check it out and you won't regret it!

He has had the opportunity to work with different artists, celebrities and organizations such as Ye ali (LA), Kirko Bangs (LA), Puma (NL), Go-Britain (NL), Chuckie (NL), Artsounds Music Label (NL), ATA (Aruba), Left Lane Record Label (NL) and the list goes on.

In regards to his growing production company with his partner in crime known as Mario Gonsalves, they plan to show the world the capability of artists with all the different styles. Currently they are busy creating a short video which is called Patroon. They have been very invested in making this artistic piece and are more than eager to show it to the world.



THE GIRL THAT IS **RELATABLE;**

- Xena Semeleer

Most of us have gone through it, most of us do not share it with the world. Yet, here she is, Xena Semeleer. The girl who has learned to voice the struggles that almost every student goes through - a burn-out.

Xena Semeleer is currently in her third year of her BA degree following English at Hogeschool van Utrecht. As any other programme, it is not quite an easy one. It has taken a lot of internships, assignments, portfolios and arguments to be able to get to where she is today. It has come to a point where she just could not take it anymore. Although, instead of hiding it like most students do due to the possible chance it shows a certain type of weakness or embarrassment. Xena has decided to express her hard times through writing beautifully. Which is currently available on the Phryme website, you should check it out. Smart and talented, she has the best of both worlds.

Her beautiful piece explains and lets us get to know who her character is and what her goals are. Yet, let us introduce to you the girl that knows no fear. Xena, 21, currently lives in Rotterdam, the Netherlands. Living so far from her college and internship, already shows how determined she is. She has been living in the Netherlands for over 3 years, though, initially she had started another study program but soon came to the realization that it was not meant for her and instead decided to take the initiative and follow her current programme. Each decision that she has taken has been very meticulous but never second guessing herself; something most of us could learn from.

“IT IS IMPORTANT TO BELIEVE IN THE DECISIONS YOU MAKE BUT IT IS ALSO OKAY IF CONSEQUENTLY THEY AREN'T THE RIGHT ONE.”



Changing of study program was not her only struggle. As it's known, college can be a heavy weight on students' shoulders. Xena no longer felt the joy she felt in the beginning of her program; it was a lot of repetition and she couldn't handle the monotonous routine anymore. Yet, she managed to rejoice and recover, as it is possible. Getting to know someone that faces a burn out still so gracefully and with no shame has only proven that wrong decisions do not necessarily exist. Xena explains how it has helped her grow and that, without the stress and struggles, she would not be this independent and well accomplished woman she is today.

"When it comes to a burn-out there is not one specific way to treat it, and this can be very frustrating for the person experiencing it. All of a sudden, everyone is going to be an 'expert' on the topic and suggests very superficial solutions that aren't necessarily going to work for you. In my case, it wasn't about staying in bed all day and taking time off, it was more about finding out what really brings me happiness. If I would have listened to what everyone had to say, it would have made the situation even worse. Isolating myself and not doing anything would have not been the right solution for me. I think listening to yourself and your body is very important especially with something like a burn-out, that not only affects your mind but also exhausts your body. Trust me, I know that it's easier said than done, it is still something that I continuously deal with. However, I have managed to detect what the problem was, and identified the best way to tackle it for me."





Here it is, the association that will do anything and everything to make each and every one of their members feel like they are home away from home. Everyone is always welcome to be part of this association.

This association started by welcoming all Caribbean students from Delft and always making sure they do not feel as if a student is not wanted in the new country they will be studying. Over time, they had realized that everyone deserves to feel like they are home away from home, thus the reason they opened their doors to every student, no matter their background. Everyone from every city within The Netherlands is always welcome to partake. Although the association is slowly starting to spread to different locations within The Netherlands, their main headquarters is in Delft. Introducing to you: ABC Compas.

This association is open to the public and welcomes members and non-members to each of their events. Their events are varied in what there is to do to where it will be done; Food for thought, bar hopping, game night, and more. You name it and they have done it! If not, with your suggestion, they probably might. The highlight for this year will be the upcoming event in August.

Every year ABC Compas has an event called "Opvang" in August for the first year students coming to Delft. Generally, the 'beursalen' from the SSC (Curaçao) and Arubahuis (Aruba) participate, but anyone from the islands who will be starting a study in Delft can join. This year, the 'opvang' will be on August 14th. It's their biggest event of the year, in which about 30 first years spend a whole day get-

ting to know the city, the campus, and each other. The day will be filled with activities like climbing up Delft's Nieuwe Kerk to enjoy the view and taking a boat trip along its iconic canals. Then, the new students will make their way to the campus to get a tour of their new faculties. The day will end with a barbeque where they can relax and eat after a long day of exploring, while they meet ABC Compas' older members and hear about student life. It's definitely the best way to start off a new year in a new city! Keep an eye out on their social media or email them at info@abccompas.com for more information on how to participate.

The board consists of seven students and five committees. Currently, the president is Juliet Huiskes, following with the vice-president that is Shairah Jacobino. Lucas Jourdain is the treasurer and Emil Celaire is the secretary. Lastly, we have the media manager being Jillian Oduber and the one in charge of Education and Careers, Karla Echeverry. The committees are the following: media committee, finance committee, legal committee, social activities committee, and the committee of education and careers.

A big thank you for each one of you for making everyone feel a little bit closer to home.



ADELBRECHT SUSEBEEK;

"Giving up is not an option!"

Adelbrecht (a.k.a. Adel) Susebeek, 23, is a horror movie fanatic who became interested in film, which led him on his journey to photography. He started in early 2017, in Aruba, by taking pictures of his dogs, family and his friends. At the time, he considered it a hobby instead of professional photography. Until halfway through his study, he understood more about photography and fell in love with it. Since then, he decided to stay in the field and to pursue it professionally.

He is currently in his 2nd year of studying Photography at Technova College, an MBO in Ede. He's a very fun person who can have his lazy moments. However, like many others, motivation doesn't hit Adel every day. But when it does, he'll put on some music to keep him going, so he can focus on finishing his project.

GAINED KNOWLEDGE

Initially, he didn't choose this program. He wanted to be in the film industry, preferably as film director. Horror movies inspired him to go in that direction because he finds that nowadays the movies aren't living up to their names anymore. Yet, Adel later realized that writers are the ones creating the story and the directors make their visions come on screen. While with photography, Adel could play around with his imagination and be in total control of his work. Thus, this is what led him on his path to photography; the freedom he has to explore his creativity. Luckily, his cousin introduced him to Technova College and in 2017, Adel bought a one-way ticket to the Netherlands to attend that school.

"Posting pictures online and claiming that one is a professional without having the basic concept of what photography is, doesn't make you a professional photographer. Real photography is when you go to school and learn the basics of storytelling."

Adel learned that courses not given by an institution could help someone grasp the basics of photography. However, to pursue photography professionally, Adel suggests you have to go to school. Not only will you be taught by a professional photographer, who can give you personal feedback based on areas where you lack, but you know the person's occupation is legitimate. Additionally, Adel says that when taking photography courses online, you don't always know who's on the other side.

Through documentaries, Adel has gotten the knowledge that there are some websites that are scams to gain profit. People could obtain a diploma from these type of websites, however, such a diploma isn't recognized everywhere. So, Adel advises anyone who wants to learn the ins-and-outs of photography to go to school.

STRUGGLED, BUT DIDN'T GIVE UP

When it was time to conduct his internship, he experienced a form of discrimination. He had applied to a lot of internships through recommendations from teachers and his research on Google. Adel also got more admiration from his teachers than his classmates did. So, he was puzzled as to why he didn't get an internship immediately. He later found out through his teachers that it was due to his thick accent; they could hear that he wasn't Dutch. However, Adel didn't give up because he knew good things takes time.

In December 2018, he finally got an internship at FemFotografie, which is a company based in The Hague that works with big names, such as Victoria Secret. He has a kind and talented coach who he works well with; he couldn't be happier. He understands that his Dutch isn't perfect, but it should not be the reason to prejudice on a person's talent,

“IN THE ART OF PHOTOGRAPHY, IT DOESN'T MATTER WHERE YOU COME FROM. IT'S ABOUT POURING YOUR HEART AND SOUL INTO THIS CREATIVITY.”



DEVELOPING AS A PERSON

In Aruba he used to be quite irresponsible. He didn't care so much about certain things, like showing up to work on time. After living for some time in the Netherlands, he realized that living alone in the Netherlands made him more mature. In his opinion, students have an easy life in Aruba; if something were to happen, they could, in most cases, rely on their family. But sooner or later, reality will hit you, and he's happy that it hit him early on in life. Because in the Netherlands, many students are on their own. Moreover, Adel became more strong and happy as a person who hardly gives up, *"If you struggle, you have to find a solution. Things like that make you grow as a person; that develops character."* Despite starting later than other people, he mentioned that what keeps him going is to enjoy his occupation,





"Other photographers make it a competition. If it becomes a competition, it becomes work. When it becomes work, it isn't fun anymore. Make sure to have fun to enjoy your occupation."

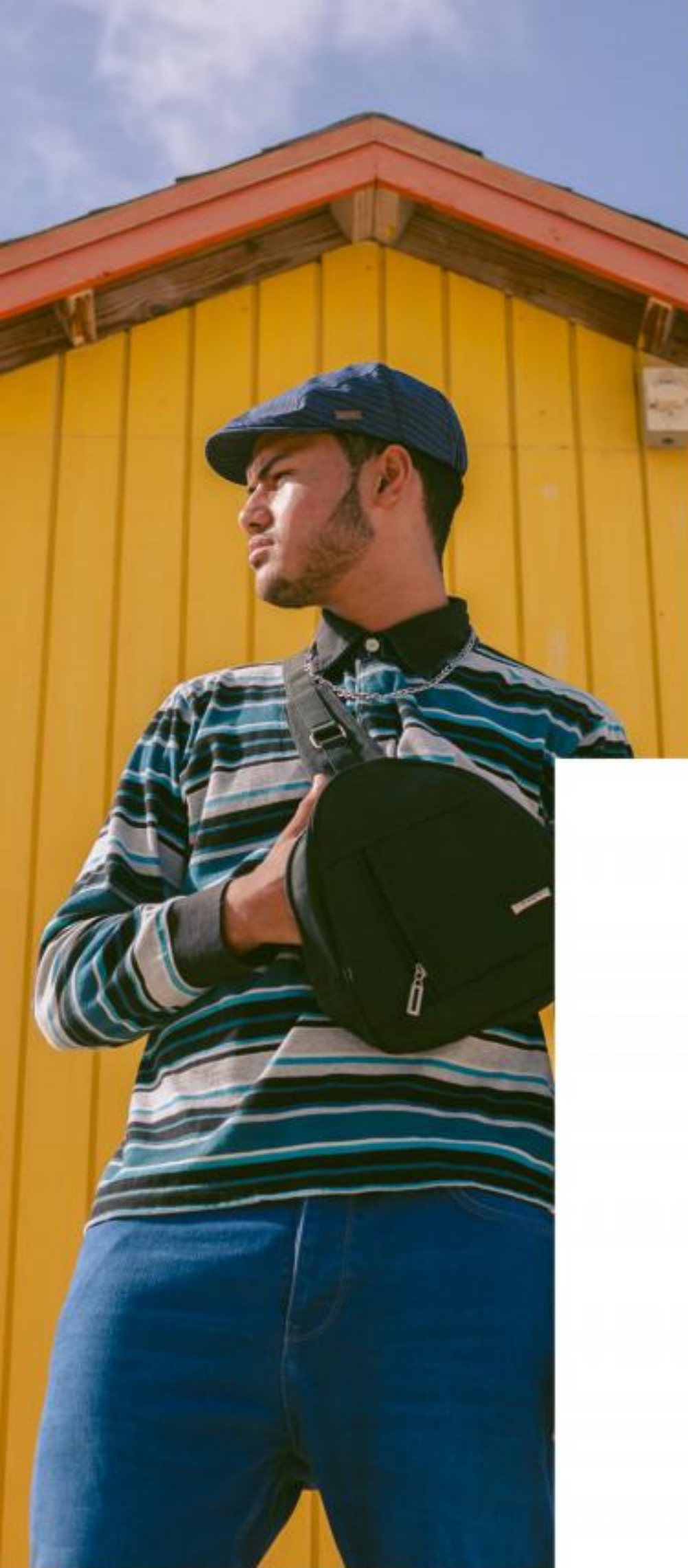
There could be more talented or younger photographers than him, but he's not going to compare himself to others; everyone has their own style. If a person is considered better than Adel, he's happy for that person and hopes they'll succeed. Even if he doesn't make as much money as others, he will still be doing what he loves; he's in his happy-zone. Because money isn't everything.

In the future, he wants to plan things beforehand. He has the habit of leaving things until the very last minute, which is bad. He's striving to maintain a schedule, so he can do more and improve on parts that he lacks; he doesn't want stubbornness or laziness to be the reason not to achieve his goals.

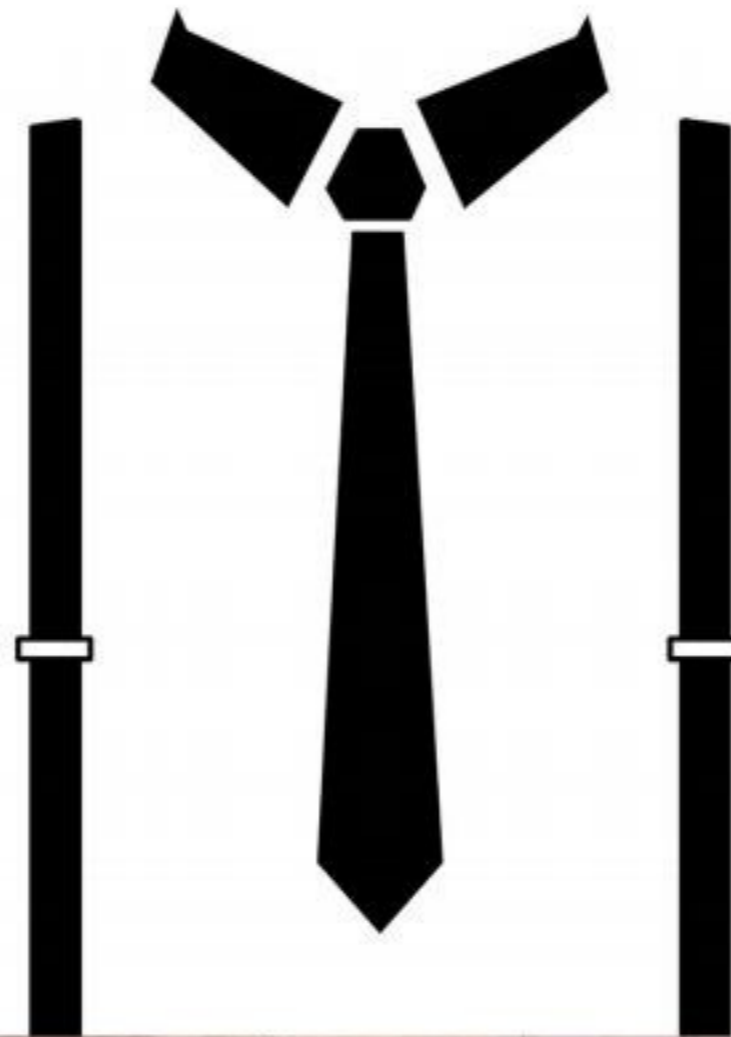
**"EXPLORE YOUR
OPTIONS AND DO WHAT
MAKES YOU HAPPY."**



In Aruba, job careers are limited. Adel used to be in the field of economy and business organization because his family did the same, but he wasn't happy. He decided he wants to do things that he wants to do. Because at the end of the day, he's going to be doing that for the rest of his life and not for his family. So, Adel advises everyone to explore your options; make sure that whatever you end up doing is something that you love to do, so that it doesn't feel like work. Your character will evolve into someone happy and your lifestyle will become healthier.



SOMBRE VISUALS



@SOMBREVISUALS

SOMBREVISUALS@GMAIL.COM

Maribel Veel, 22, shares her story about how she motivates herself to finish school and became inspired to do nail art. During her childhood, Maribel's go-to was painting her nails mainly one color. Around the age of 14, she started watching Cutepolish on YouTube. Cutepolish showed how people could achieve cute nail art designs at home, without needing professional manicure equipment. Yet, Maribel still wanted nail-plates because she found them cool and they seemed easy to use.

At 15, she got her first nail-plate from the brand KONAD. Her family saw how much Maribel enjoyed doing her nails so they would gift her with more nail-plates. Looking back, she admits they didn't look that great and she used a lot of dark and 'angsty' colors. However, she knew she liked the activity and could only improve, "Now my lines are cleaner and I play more with glitter and different brighter colors." She doesn't have an arsenal of equipment, but she uses the right tools that make the work result in a nice design.

Maribel is currently in her last year of her bachelor's studying chemistry at Hanze University in Groningen. In the beginning of her study, she was very motivated. Around the second year, she started to doubt whether she liked the study. The homework and school caused her to stress out occasionally, which made her dislike the study momentarily. The study was hard, but she managed to also work hard to receive good grades. She convinced herself to try to finish the study because she had come far with it.

EASY NAIL ART DESIGNS FOR BUSY STUDENTS.



"FINISH WHAT YOU STARTED"

Now, in her 4th year, she likes the study again due to going on an internship and getting a taste of the work life. The field of chemistry is comprehensive, which Maribel is still deciding what exactly she wants to do in the future. Her vision is to have a high position where she does have a say with what goes into products.

CRITICISM AND PRAISE

In her line of study, she uses different chemicals like alcohol and acetone. Eventhough she works with gloves, people would still ask her, "What's the point of having nail art when it's going to come off anyways? It's unhandy," in which Maribel would respond, "Why would people wear make-up when they're going to take it off anyway at the end of the day?" She doesn't mean to sound sassy or rude, but to show the comparison between the two - people do it for themselves and because they like it. She finds it pretty to have art on her nails. In the bus, she can sit and admire her work on her hands. According to Maribel, having cool nail art is also a conversation starter. People would be shocked and praise her for the effort she puts into her nails.

"Whatever your hobby is, don't let other people tell you that it's too much. You do you! If you like it and you're not hurting anyone, just do it."

NAIL DESIGN - ROSE GOLD

While doing her nails, Maribeel stays away from anything that involves touching. To pass time, she watches series and lets her nails dry. She usually waits around 10-15 minutes before applying the next layer.

NECESSITY

- Piece of paper (easy disposable and keeps surface clean)
- Base coat nail polish (optional).
- Rose-gold nail polish.
- Pink glitter nail polish.
- White nail polish.
- Nail plate; lace design (optional).
- Thick topcoat nail polish.

STEP-BY-STEP

1. Apply base coat (optional).
2. Apply rose-gold nail polish.
3. Apply pink glitter polish.
4. Apply white nail polish on preferred design. Scrape the excess nail polish off the plate and use the stamper to stamp on the painted design. **WARNING:** make sure the white polish is very pigmented and that the nail is completely dry. If the nail isn't dry, stamping will become troublesome.
5. Stamp design on nail..
6. Finish off by applying a thick topcoat.
7. Throw paper away.



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